Nation
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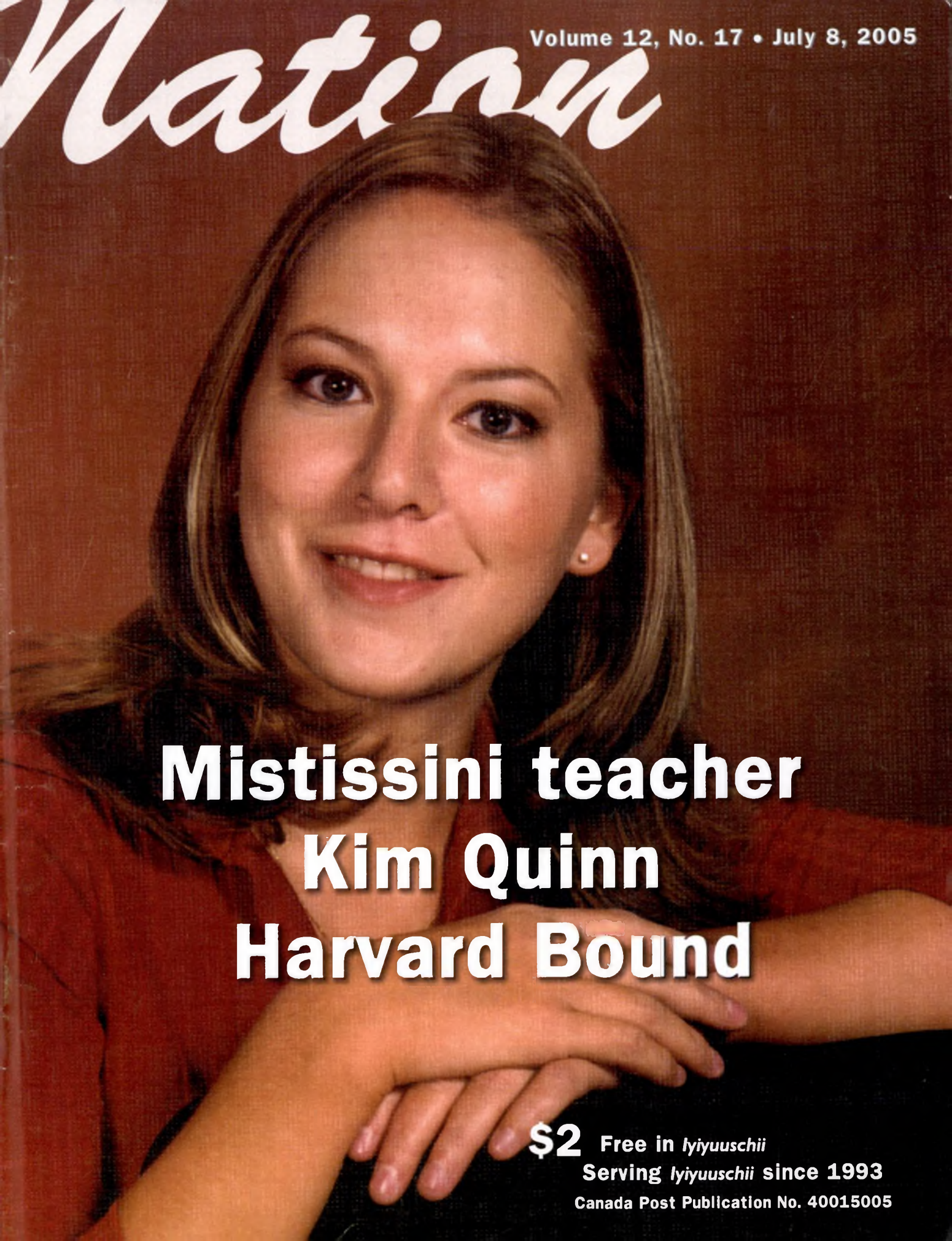

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You have become a perfect role model.

God bless you on your endeavour!

Chief John Longchap
& Council
Members of the Cree Nation of Mistissini

And most of all, your former students at VMS.

Congratulations Kim Quinn !

On your acceptance to Harvard University You make us all proud and you are an inspiration to the youth of Eeyou Istchee.

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Platinium	$1500	Foursome	$400
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*Includes 4 Golf Fees and 4 Dinners
** Includes Golf Fees and Dinner

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Longest Drive on the shore of Mistissini Lake
Wednesday July 27th 5p.m. Major prizes to be won
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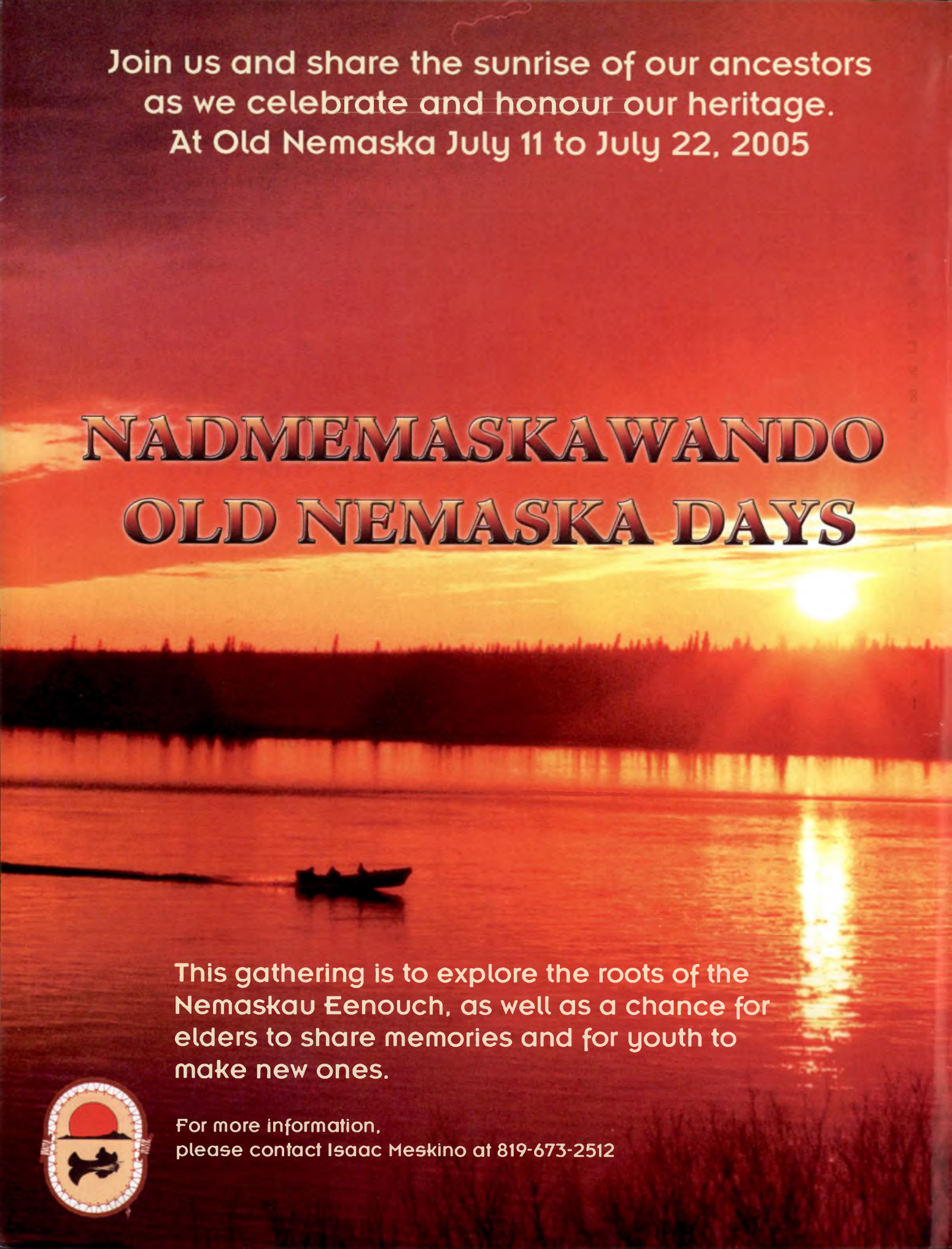
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editorial

Telling your stories

By Ernie Webb

I have to reply to the editorial and story about Rezolution Pictures from last issue. I want to thank Will for his kind words and his encouragement. I also want to say that I wasn't expecting any of it. Neil Diamond and I were up in Mistissini shooting the latest Dab Iyiyuu Dramatizations of the elder's stories. At the beginning of the week we got rained on, actors weren't showing up and scenes weren't working out. It was then I questioned why we were doing the program. It felt so superficial at the time. We were planning a long day when the Nation came out at the store in Mistissini. Our Assistant Director Gabriel had gone to town to pick up some things we needed and he picked up the issue of the Nation. We were quite busy at the time and he mentioned the articles that were written about our productions when he got back. I was very curious about what was written but I couldn't find the magazine on set because it was being passed around to different people. We went about our day filming and getting our scenes ready. As the day wore on I got more curious. We had planned a night shoot so we spent the evening getting the lights ready. It's a bit tricky to shoot the teepee at night so we took a bit of time getting it right. We finished our scene and started for home at 1:30 am after a 19-hour day. We were shooting up the highway so we had to drive for a bit back to Mistissini. I turned on my flash light to read the editorial. When I finished the article I couldn't read any more. I had to put the magazine down and turn off the light. I sat there with tears welling up in my eyes.

I cried because all that we did came to me. I remembered people like late Joseph Shecapio-Blacksmith and his partner Chris Covel with their struggle to clean up the mine waste near Ouje Bougoumou. I remembered late William Kawapit from the first series of Dab Iyiyuu. I remembered the kids we cast in our dramatizations and the puzzled look they gave when we told them we were doing Chikapaash. They said "Who's that?" I remembered all the people we had come across in our adventures and realized that a little rain on our production was nothing compared to what some people are facing in their lives. The work we do tells your stories. We are here to serve you. You are our audience. Of course there are those who say we are doing a disservice to the Cree nation because we're "always negative." To them I say "too bad." We have things to talk about.

I also want acknowledge the different people on our teams. Firstly my wife and partner Catherine who holds our various teams together along with Linda Ludwick and Christina Fon. And all the people who make these shows happen: Neil Diamond, Jeff Dorn, Megan Thorne, Amy Webb, Jake Kent, John Hepworth, Gabriel Teller, Tereska Gesing, Marco Fania, Jean Denis Daoust, Abraham Etapp and his family, Mona Laviolette, Richard Lawson. And on our other productions we have Tracey Deer, Steve Bonspiel, Joanne Roberton, Jean-Pierre Maher, Ray Lamoureux, Alan Kohl, Shawn Goldwater, Camila Blos, Paul Raphael, Galit and many people in post production sound and video. I want to thank the Beesum team as well for all the hard work and dedication they put in. Of course there are many others not listed. We also thank the people who let us into their lives so we can tell their stories. Thank you and God Bless.

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Photo Courtesy Cree School Board

Design: R. Lawson

rez notes

Wrestling Mania

I watched the chanting crowd dodging the spit being spewed from the ugly face of the wrestler in the ring, as they eagerly absorbed themselves in a live version (albeit smaller) of the WWE. A few elderly men, who were previously in the higher seats of the small arena, moved down to the floor level and indulged themselves in some ranting and raving at their favourite foe. Interestingly enough, the crowd favoured the "bad" guys and the so-called "good" guys switched their role accordingly and gave the frothing crowd their limp and defeated heroes as a sacrifice to the stone-throwing throngs; further enraging the spectators until even I gave in to my primal urges to bellow out a few hoots of discouragement.

Yep, wrestling mania had reached the far north, where half-naked men in tights are a rare sight.

But these wrestlers were all heroes. They had come through many pains and tribunals to reach out to the youth with a message to never try drugs or to give up on them. One man was enraged with the rampant drug use in the inner city of Winnipeg that had trapped his own children. His courageous mission to stop the sale of drugs in the schools were met with small successes, one at a time, until drugs were not part of the youth scene and lifestyle. I saw that this message did not go unheard and people nodded their heads with appreciation, knowing that they were not alone in their own personal struggles with keeping their families clean and sober.

Back in the ring, some rather small people (I don't like the terms dwarf, midget, elf or height deprived) avidly evoked laughter in all ages, and secretly the new fans of wrestling favoured their tiny heroes. They (the little people) obliged knowingly by ganging up on the referee, who nobody noticed as being part of the show, until some buttock biting got his attention.

The bad guys, meanwhile, continued spitting into the enraged fans, just missing their targets and thereby avoiding a health scare of no small proportion, and creating a new hate list in many people's minds (note: anyone who dresses up without a mask is bound to have a few known enemies).

As the chanting grew louder at each passing minute, I had to explain to my little one that, no, they were not hurting each other, and yes, you can yell as loud as you want to.

The elderly men, who had come down from the stands to join my relative safety circle of 50 feet from the ring, were just as rabid as the women, who surprisingly were some of the loudest hooters and cat callers. I recall a few incidents at closing time, when the same women were cheering and jeering on some besotted fools in a ringless, no holds barred match, in a not so distant past, but that's another story worthy only of small mention.

To many of the small children who attended, the event was another chance to run about unhindered by their engrossed parents. The concerned wrestlers reminded the minders of their parental duty and care for their little ones, so that they won't be flattened by a flying tiny wrestler or a rejected referee. I barely noticed, as I surprised myself with my loud taunting and objective negativity. But I knew that everyone else felt the same way.

As adrenaline-driven fans grew rowdier by the minute, I knew that this natural high would be remembered vividly by many, unlike the ingested, injected or inhaled high that the north is used to. Remember, fighting something for a just cause is better than just fighting inner demons the morning after.

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Canada

Hydro Quebec EM1 Impact Statement thin on facts, says consultant

by Will Nicholls

The EM1 hydroelectric project will reduce the flow of water at the mouth of the Rupert River by more than half, but according to Hydro Quebec's recently released Environmental Impact Statement, there will be next to no impact on the environment.

According to the report's executive summary, Crees will be able to continue their traditional ways of life in the area, but they will have to adjust. Most affected will be trappers from Mistissini, Nemaska and Waskaganish followed by, "to a lesser extent, the communities of Eastmain and Wemindji. Users of these traplines will have to change their habits and adapt to new conditions."

The report says the mean annual flow at the mouth of the Rupert will be reduced to 48.3 per cent of what it is now. The instream flow of the Rupert at its release point of the dam's spillway will be 28 per cent of current water volume. Hydro-Quebec admits these changes will "probably make it less attractive to outdoor enthusiasts seeking untamed rivers."

The river's fish, however, are expected to even increase in population, according to the executive summary. "Fish communities throughout the territory affected by the project will be maintained without difficulty because of their ability to adapt and because of the mitigation and compensation measures."

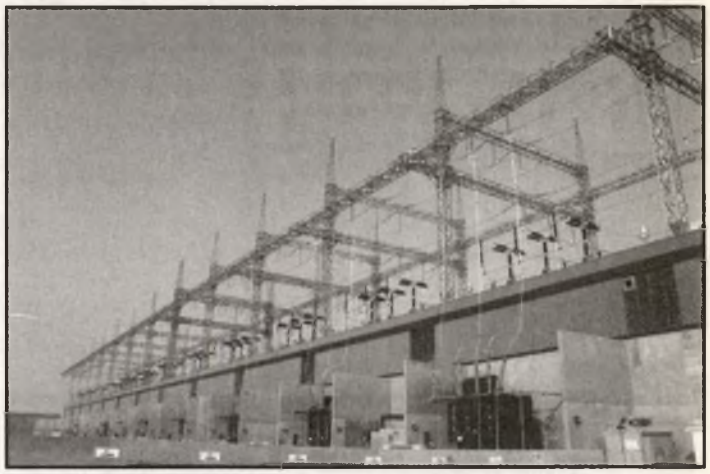
Those are the most immediate changes Crees in Eeyou Istchee will see from the Rupert River diversion. Other impacts are less obvious.

So the Cree Regional Authority asked economic consultant Robert McCullough to analyze Hydro-Quebec's Justification chapter in the impact study for EM-1 and Rupert Diversion to see if the CRA got its money's worth. McCullough is less than positive in his written remarks.

McCullough writes that, "Overall, the Proponent's presentation in the very brief Justification lends itself to a baseball metaphor. The Proponent has barely touched upon each of the bases in turn – so briefly that an umpire must make the call whether the Justification in going to be declared a run or the player will be 'out.'"

McCullough goes on to say that this doesn't mean that the Justification is incorrect but that "it is a far cry from state of the art."

McCullough says Hydro-Quebec's most serious problem concerns energy reserves and alternatives. Hydro-Quebec dismisses this issue as not being applicable within the context of a major hydro-electric project. But McCullough says he has no idea how alternatives cannot matter to the project.



The McCullough Report questions Hydro-Quebec's purpose in building the EM1 project. "Is it the pursuit of profit or the welfare of Quebec? If Hydro-Quebec's objective is the maximization of profit, the Justification is woefully insufficient."

The report also attacks the possible second reason: "If Hydro-Quebec's purpose is the maximization of the welfare of Quebec, then the Justification fails to review alternatives in any significant fashion."

The Directives on how to prepare the Hydro-Quebec Statement very clearly required Hydro-Quebec to show a consideration of alternatives. McCullough says this was not done. Instead H-Q provided a short narrative listing possible alternatives without any true indication if they were viable or not.

The Hydro-Quebec Strategic Plan itself shows one of the potential weaknesses of the EM1 and Rupert Diversion Project, saying, "Runoff is still the risk with the greatest impact on the company's financial results."

This means that there may be not enough water to make the project viable. But Hydro-Quebec's Strategic Plan has said they have taken this possibility into account. The previous Strategic Plan also worried about global climate change and said they must study it so run-off wouldn't be a problem.

Given that Hydro-Quebec views global climate change and the impact on runoffs as so important, McCullough can't understand why under the Justification chapter of Hydro-Quebec's Impact Statement on the EM1 and Rupert Diversion they would dismiss it as being "not applicable."

Overall, the McCullough report says Hydro-Quebec didn't fully answer all the questions they were directed to.

The question remains will Hydro-Quebec have to go back and redo the report or will they be given a pass to continue?

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http://www.gcc.ca

On behalf of the Cree Nation of Eeyou Istchee I would like to congratulate all our students in this year's high school graduation class.

As a Nation we take great pride in your accomplishment. This success represents not only an important individual achievement for our students, but it is also a very important accomplishment for our Nation as a whole. When students succeed we all benefit.

Continue to learn, continue to strive and continue to succeed.
Your future is the future of our Nation.

Grand Chief Dr. Ted Moses, O.Q.

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Residential school conference works towards Cree solution

By Steve Bonspiel

The goal of the Conference on Indian Residential Schools was clear for the roughly 120 people who attended in Mistissini June 15 and 16: find a way for victims to be properly compensated within a Cree framework.

"The objective was to educate more people of the present status of the residential school issue for the Crees," said Charles Esau, the Public Health Officer in Waskaganish. "It was also to pursue a way of resolving the post-residential school trauma and present-day matters of communities of social concern with legal support from leadership. And to identify community members and to give them hope that they can recognize their rights and freedoms that were violated within these schools."

The conference was touted as a political act, although Esau recognizes the importance of having a conference that focuses more on healing in the future.

"I believe more healing and education conferences for all Crees should be the goal, because residential school syndrome affects the Cree Nation regardless if one attended these schools or not. It will still be a problem for the future generations if nothing is done about the trauma that some of our people experienced."

Bill Namagoose, the Executive Director of the Grand Council of the Crees, said the overwhelming consensus was to approach the issue collectively, as opposed to a case-by-case basis. Namagoose said a collective agreement would work better for the Cree Nation than the class action lawsuit under the AFN based on each individual's case.

"We want to negotiate something with the federal government whereby we can administer the healing program or the compensation program," he said. "That's the indication that we got. There has to be a Cree solution to the problem."

Namagoose went on to tell the *Nation* that only once former Supreme Court Judge Frank Lacobucci releases his report for the federal government in March 2006 on the best way to deal with the residential school issue will the Grand Council know where they stand.

"In terms of a timeframe I think a five-year plan needs to be developed with key people from the Cree Nation," Esau concluded, "starting with a regional coordinator and one from each community that can be taught to be trainers and educators."

> *"You can spend all your time looking for people to blame, but the emphasis was that people wanted healing instead of blaming somebody"*

One of the issues addressed was the Alternative Dispute Resolution process negotiated by the AFN. The AFN agreed to a lump sum of money totaling $10,000 for each former student plus $3,000 for every year they attended the school.

The conference was done under a "no blame" policy in order to move ahead and heal some of the ever-present scars passed down from the residential school era. "You can spend all your time looking for people to blame, but the emphasis was that people wanted healing instead of blaming somebody," said Namagoose. "People need to tell their story."

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- Minimum five (5) years road maintenance supervisory and heavy equipment operations experience.
- Must hold a class 1 Quebec drivers license and heavy equipment operator's certificate issued by a recognized institution or a CCQ permit; to operate a grader, excavator back hoe, loader, bulldozer and 10 wheel dump trucks.
- Must have knowledge in the operation of small machinery, i.e. hot water steamer, water pumps, welding machine and compressor.
- Must have knowledge to perform equipment maintenance and repairs.
- Must have the ability to give instructions to the road crew and execute same as directed by company personnel and SDBJ road inspectors.
- Ability to effectively supervise daily work tasks, execute work assignments, successfully and productively.
- Must be able to submit written daily reports on equipment maintenance operation – hours, weather reports, road conditions, and workers timesheets on a weekly basis and submit to the company head office in Wemindji.
- Must have good oral and written communication skills in the English language.
- Knowledge of the French language would be an asset.
- Must be able to use office equipment, e.g. fax machine, phone systems and computer knowledge would be an asset.
- Must be able to make good judgment decisions in urgent and emergency situations.
- Must take responsibility for employee absentees, failure to follow instructions, disrespect towards company personnel, public work misconduct, neglect and damages to company equipment and public property.
- Must be able to initiate and motivate teamwork with co-workers.
- Must exercise and insure safety in the workplace at all times.
- Must comply and execute SDBJ contract specifications and regulations as stipulated in the contract.

Priority will be given to Cree Beneficiary applicants.

Persons interested in this position are requested to send in their resume, with at least three (3) references and supporting operator's certification documents, by July 28th, 2005 at 5:00 pm to the attention of:

Director General
Tawich Construction
16 Beaver Road
Box 209
Wemindji, QC.
J0M 1L0

Clockwise from top: Tricia Brazeau, primaire; Maxime Charbonneau, secondaire; Tony Wawatie, Université; Evelyn Moore Bordeleau, Cegep

Memegwashi Awards recognize students' hard work

The third edition of the Memegwashi Awards, hosted by the Val d'Or Native Friendship Centre, was yet again a success. On June 21, National Aboriginal Day, 149 Native students of all ages were honoured before 400 people at the Telebec Theatre.

Primary, secondary, college and university students from the MRC de la Vallee-de-l'Or were recognized for their personal qualities as well as their academic achievements. Preschoolers performed a traditional dance and the 10-to-13 age group staged a carefully choreographed hip-hop dance along with lively songs. These students put their time and effort in these performances for several weeks.

A few individuals who had overcome hardships in the past passed on their "encouragement and perseverance" for future finishing classes.

The team at the Friendship Centre said they were very proud of the gala's outcome and success. "I am extremely touched when I see children who were often shy and withdrawn before starting the Aboriginal Head Start Program, out on stage performing in front of hundreds of people," said Friendship Centre Executive Director Edith Cloutier. "We created the opportunity of lighting a flame made out of pride and generated an exceptional progress in each, and tremendous strength for the community. This is an event in the spirit of the National Aboriginal Day."

Overall, this success could not have happened without the support of institutions and communities provided throughout this program. The Friendship Centre is now looking forward to a fourth edition of the Memegwashi Awards.

continued on page 21

The Waswanactive Challenge!

By Olivier Girondier, Phys. Ed., W.J. Happyjack Memorial School

The Waswanactive Challenge! was a physical activity challenge for all Waswanipi residents aged 13 and up. To participate, you had to make a team of five people and be as physically active as possible during two weeks, between May 23 and June 5.

Members of the team could accumulate their minutes of activity together or separately. The minutes of physical activity of each member of a team were added up. The duration of the physical activity had to be at least 10 minutes, non-stop. For example: if one member of a team walked to work for 10 minutes, another one spent 15 minutes chopping wood, two others walked together after work for 45 minutes and the last member played hockey for 60 minutes, the team then accumulated 160 minutes.

Participants could have practiced, for example, the following physical activities: walking, running, cycling, rollerblading, hockey, volleyball, badminton, baseball, woodchopping, hunting (on foot), gardening, canoeing, cleaning, etc.

Thirteen teams totaling 65 people participated in the Waswanactive Challenge! During two weeks, these participants did 44,290 minutes of physical activity, an average of 49 minutes of physical activity per day per person!

The first three teams:

Team Evolution (Kory Sean Saganash, Curtis Blackned, Kyle Mark, Alex Mark, and Joshua Blacksmith): 11,726 minutes of physical activity.

Baby Faces Team (Ghislain Ottereyes, Dany Leduc, Daniel Pelletier, Lee Roy Blacksmith, and Innot Mushayuma): 6,350 minutes of physical activity.

Jimmy's Team (Jimmy Moore, Alice Blacksmith, Flora Moore, Clyde Burn, Jeffrey Blacksmith): 4,718 minutes of physical activity.

At the closing supper and the award ceremony held June 6, $1,000 in gift certificates were given to the participating members of the three best teams plus five other participants in a draw.

For their assistance, we would like to thank Daniel Pelletier (W.J.H.M.S.), Rita M. Trapper and Annika Vachon (CLSC); for their financial support, the Cree School Board (Gordon Gilpin, C.E.A.) and the Waswanipi Recreation Department (Brian Ottereyes).

Congratulations to all the participants for their efforts: they have all won a healthier life. We hope that they will be a model for all the Cree people.

THE CREE SCHOOL BOARD'S SABTUAN CONTINUING EDUCATION DEPARTMENT
IS PROUD TO ANNOUNCE THAT IT WILL BE OFFERING THE FOLLOWING PROGRAMS AT THE REGIONAL VOCATIONAL CENTRE IN WASWANIPI.

Program's Name	Starting Date	Number of Hours
Recreational Vehicle Mechanics	Sept 05, 2005	1800 hrs
Hairdressing	Sept 05, 2005	1455 hrs
Accounting	Sept 05, 2005	1350 hrs
Carpentry	Sept 05, 2005	1350 hrs
Plumbing & Heating	Jan. 06, 2006	1500 hrs
Homecare Assistance	Jan. 06, 2006	1350 hrs
Computing Support	Jan. 06, 2006	1800 hrs
Other Possible Courses for 2006-2007 (September 2006)		
Professional Cooking	Sept. 06, 2006	1350 hrs
Outfitting	Sept. 06, 2006	900 hrs
Forestry	Sept. 06, 2006	1260 hrs

For more information, please contact Willie C. Ottereyes, Centre Director, at 819-753-4040, or the Education Consultant of Sabtuan Continuing Education of your community.

Or go online at cscree.qc.ca and click on "Fall 2005 Grand Opening" then click again on "Programs".

You can access the application form, print it out and give it to the Continuing Education of your community or send it to Nancy Mianscum in Mistissini.

feature

Mistissini teacher to attend Harvard University

By Steve Bonspiel

Mistissini's Voyageur Memorial School may soon have a Harvard-educated teacher on staff. Teacher Kim Quinn has been accepted by the prestigious Ivy League school this fall.

Quinn will be pursuing her Masters of Education in language and literacy with some heavy support from the Cree School Board. They agreed to pay for her tuition, which totaled $29,000 U.S. for the year she'll be in Boston.

"The program focuses on language and literacy but it also focuses a lot on reading," Quinn explained. "I find there is a need for it because our kids lack a lot of literacy skills."

She has helped to set up a reading program in the school, and hopes to start a literacy program when she gets back. "I talk to [the class] all the time about higher education and how I want them to go higher than high school and I explained to them what they have to do."

> "It was hard work because I was teaching at the same time and I was working on different applications at different times in the evening and trying to have a life."

Quinn, 28, says education has always been important in her family. "I was always interested in teaching because my mom was a teacher," she said. "I have a couple aunts as well that were teachers along with my younger sister."

Her mother, Beverly Quinn, also served as Vice Principal for many years before becoming a commissioner on the School Board.

Kim's academic resume is quite impressive. She has a Bachelor of Arts degree and in 2001 completed her Bachelor of Education, both at McGill University in Montreal, where she also made the Dean's honour list.

Single and without children, Kim has been working in Mistissini teaching cycle three – Grades 5 and 6 – for the past three years. But something was missing and a year and a half ago she started thinking about getting her Masters degree. Her eyes became firmly set on one of the most sought-after universities in North America.

Kim Quinn at her graduation from McGill

"I've always enjoyed school," said Kim, who graduated from McGill with a grade point average of 3.92, good enough for the top 10 per cent of her class.

That's when she did an extensive search of schools across Canada and the U.S. that she'd like to attend. She decided to apply to five schools, four of which accepted her.

The news was almost too much to bear; she had to share it with someone so she turned to her class. "When I found out via email that I was accepted, there were no adults around so I told my kids that I got in and they were all excited for me. My family was really excited as well, and we went out to dinner and celebrated the same day," said Kim, who will be the first Eenouch to attend Harvard in the Fall.

Part of the requirements to prove she was worthy of attending Harvard was to pass a Graduate Record Exam. It consists of a test on reading and comprehension, her analytical abilities, mathematics and two essays.

"It was hard work because I was teaching at the same time and I was working on different applications at different times in the evening and trying to have a life," she noted.

"I love to be around my nieces and nephew and parents, and I found that I didn't have as much time to spend on special activities with my students as I would have liked to."

In the past couple of years, she helped to set up a reading program in the school.

Her cousin Don Nicholls has been very instrumental in helping to pave the way. "I would ask him a lot of stuff. He read over one of my personal statements for advice. He also helped me out with my visa and housing. I have him to lean on for that kind of advice. He was like a role model growing up, a second older brother."

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Walking Out Ceremony joined by Dutch boy

By Esther Posno

Esther, Quirijn and Walter Posno

Quirijn's Walking Out pie

A farm-handkerchief, socks of Terschelling (a Dutch island) with the symbol colours: red of the sun, blue of the sea, yellow of the sand, green of the grass, and white of the beautiful Terschellinger land, wooden shoes, trousers

My husband, Walter Posno, and I are from The Netherlands and visited Eastmain two years ago. We were interested in the Native lifestyle but we were a little disappointed by visiting Waskaganish. It did not look like the Indian village we had imagined and so we went a little further north to Eastmain. It looked very much like Waskaganish, but it was smaller and due to Laureen Paul we stayed.

She told us about the Cultural Day and the Walking Out Ceremony the next day. We had to see that! So we camped in her backyard and the next morning we saw the Walking Out Ceremony of four small children, two boys and two girls. We were so impressed seeing them walking on earth for the first time and immediately thought of coming back once we would have a child.

Our son Quirijn, is now 13 months old and we traveled once again to Eastmain to take part in the ceremony on May 27. We dressed him in partly traditional Cree and Dutch clothes. Winny had made a white smock, an ammunition bag and a back-pack for the sweeties. I had made Indian-like trousers.

Quirijn was not allowed to touch the earth in Holland until the ceremony. On some beautiful days it was difficult not to put Quirijn in the backyard. Some of our family and friends did not understand why we wanted to travel so far just for a ceremony.

But for us, the moment our son walked out of the teepee for the first time touching the earth on his wooden shoes, was very special!

He is the first Dutch and European boy to ever participate in the ceremony.

The wooden shoes were the attraction of the day for the Cree people. We left a dozen wooden shoes for the kids in school as a souvenir.

A lot of Eastmain residents wrote a wish for Quirijn which is very valuable to us.

We participated in all the traditional rituals and helped with building the teepee, plucked the goose and joined in the feasting. The school arranged someone to bake a banana-pie for Quirijn, and Quirijn received a dreamcatcher as a present from the school.

The star of this story let everything happen on this special day and enjoyed all the hugs of the Cree people! We will show him the Cree Nation area when he is older.

We want to thank all the people of Eastmain and especially Laureen Paul, Ron Zachari, Marjorie Mark, Jamie Moses, Adrian, the teachers and last but not least, Jimmy and Sheila who were the event-grannies of Quirijn.

Johnny Saganash, Cree Counsellor
and Brian Brousseau, Information Officer

Wachiya to the population of Eenou Istchee.

The Eastmain-1 hydro-electric project is still underway and should be completed by 2007. Since 2005, many contracts were awarded to different Cree Entities and local tallymen that are affected by the project. The Nadoshtin Agreement specifies that SEBJ must hire and help families affected by the Eastmain-1 project. One of the best solutions that was brought to the table was for SEBJ to give local tallymen that are affected by the project private contracts in order to help their families and relatives and create job opportunities. These are the statistics concerning the number of Cree employees that have worked on the EM-1 project since 2005. The numbers are from the Eastmain-1 and Nemiscau Camp.

Activity	# of Crees in June
Catering services	155
Construction	81
Slashing	103
Administration	31
Studies for EM-1A Powerhouse and Rupert Diversion	57
Total	**427**

CCDC, ADC and SodexHo (joint venture with Mistissini) are the three main employers for Cree workers for the EM-1 project. Special recognition goes to these three companies for helping out the Cree Nation.
For more information call: 1-888-676-4636

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Hydroelectric Development

Aménagement hydroélectrique de l'Eastmain-1

Healthy Living

Nourish the body and stimulate the senses with Healthy Living recipes!

Many people in Eeyou Istchee have Diabetes, or know of someone who does. Quite often this can be someone they love. We know that healthier food choices are important, but let's face it, sometimes they can border on boring. Well, not anymore! Each issue of *the Nation* will feature a delicious meal that keeps in mind the importance of health maintenance but does not forget rich and hearty satisfaction.

Grilled Lemony Chicken

1 pound	**fat-free, skinless chicken breasts**	**454g**
14 ounce can	**fat-free chicken broth**	**415ml**
3 tbsp	**lemon juice**	**45ml**
1/2 tsp	**onion powder**	**2ml**
1/8 tsp	**pepper**	**.5ml**
1 tsp	**Italian seasoning**	**5ml**
	non-fat cooking spray	

Directions

1. Prepare a medium-hot grill and lightly spray with non-fat cooking spray. In a small bowl, combine chicken broth, lemon juice, onion powder, pepper and Italian seasoning, blending well.
2. Save half a cup of the broth mixture and set aside. Toss the chicken with the remaining marinade, making sure to coat well.
3. Grill chicken for 7 to 10 minutes per side or until meat is no longer pink. Be sure to baste frequently with the saved broth in order to keep the meat moist and delicious.

TIP: Chicken can be replaced with goose, simply adjust cooking time to compensate. Best served with steamed basmati rice and mixed green salad on the side.

NUTRITIONAL ANALYSIS PER SERVING (CHICKEN ONLY):

Calories: 107
Carbohydrates: 1g
Protein: 23g
Cholesterol: 71mg
Fibre: 0g
Sodium: 499mg

Northern

Photo: courtesy Martinhunter family

Hockey brings father and son together after 29 years apart

Photos and story by Norman Fireman

left-right,Merissa Martinhunter, Lillian Martinhunter Loon, Cory Holland, Danny-ish Martinhunter and Daniel Martinhunter

Hockey may bring people together in First Nations across Canada, but in Daniel Martinhunter's case, the sport helped him meet a son he hadn't seen in 29 years.

The Chisasibi resident had never forgotten the boy who left with his mother to move to Ontario after a separation almost three decades ago. With his daughters' help navigating the Internet, Martinhunter discovered that his son, now named Cory Holland, was a pro hockey player in the North American Hockey League.

"So around March we decided to go down to Montreal to the Bell Centre," Martinhunter recounted. "That's where we first saw him."

Holland, a right winger with the Sorel Mission, was in town to play the Verdun Dragons. He couldn't play due to an injury, but the chance to meet his biological father and get in touch with his Native past was overpowering.

"My mom and dad separated and my mom remarried – that's why I never pursued my Cree heritage," explained Holland. "I always knew about my dad and he always knew about me, that's what made us come back together in the end."

After a brief meeting his first night in town March 11, the two went for a long supper at a St. Hubert restaurant the next evening. "We hung around together until midnight," said Martinhunter. "I was so nervous at first because I thought he wouldn't want to see me but he was very happy when we finally met."

"WE'RE PLANNING A WELCOME PARTY FOR CORY IN CHISASIBI WHEN HE ARRIVES. I WANT HIM TO TRY THE GOOSE COOKED IN THE OPEN FIRE (SIGBON) WITH THE BANNOCK ON A STICK,"

Martinhunter also introduced Holland to his 12-year-old brother, Danny. "He was very happy when he saw him."

Martinhunter plans to give his son a Cree version of the prodigal's son's return. "We're planning a welcome party for Cory in Chisasibi when he arrives. I want him to try the goose cooked in the open fire (sigbon) with the bannock on a stick, I also want to take him out in the bay, show him how we hunt and fish. I'm very happy that we finally met and my children and relatives cannot wait to meet Cory. I told him when you come up here you won't want to go home right away. It's nothing compared to the city," said Martinhunter.

Cory Holland

Cory Holland can't wait. "I'm very happy that my father contacted me and I'm very eager to go visit my relatives and see the way they live their lives, their customs," he said. "After all, they're still my family and that's where I'm originally from, too."

Holland had little exposure to Native culture growing up in Havelock, Ontario. "Where I'm from in Ontario, there aren't many Natives," he noted. "But for sure I identify myself as a Cree. I've never been ashamed of that and that's the reason why I wanted my story to go in the *Nation*. It's actually a great story meeting my Dad after 29 long years of being apart and to get this opportunity to go up to Chisasibi to meet these wonderful and interesting people."

Holland's hockey career has taken him all over North America. This year was his ninth playing professional hockey, with four years in the U.S. and five years in Montreal and Quebec. In junior, he was drafted by the Oshawa Generals.

It's been suggested that Holland coach a hockey school in Chisasibi this summer, but he unfortunately had prior job commitments. "But I would love to go up there and help the kids," said Holland. "I also heard there's a nice arena up in Chisasibi, I would love to check it out."

The adopted Cree

Non-native CBC announcer works and lives in the Cree language

By Steve Bonspiel

Melissa Natachequan, 27, speaks three languages, English, French and Cree. There are many people in Eeyou Istchee who speak three languages, even more so who speak two, but the thing that makes her story so amazing is that Melissa doesn't have an ounce of Cree blood in her.

Born to a francophone father and a mother with Scottish and English heritage, Melissa's earliest memories are of Chisasibi when her parents moved there for jobs with the Cree School Board when she was a year-and-a-half old.

"My mom put an announcement on the radio for a babysitter and two or three old ladies came to the door fighting over who was going to keep the cute little white kid," recounted Melissa, whose maiden name is Ouellet.

She moved away from Eeyou Istchee between the ages of four and six, until her father won a job teaching French in Whapmagoostui. She's called Whapmagoostui home ever since.

"I had learned some Cree then, but it was also a different dialect in Chisasibi than in Whapmagoostui so I never really said anything. When I started feeling that I could speak in the Whapmagoostui Cree that's when I started up again."

Melissa said some kids picked on her becauase she was white. She told the *Nation* of a time when she would hide from the children and their taunts. In a few instances, she had sand and rocks thrown at her.

"I mostly spent my time at home and my mom had a lot of friends, so I started hanging around with the parents of her friends, the elders," she said. "I'd go to camp a lot with Eliza and the late Weemish Mamianskum. I'd also go with one of my sister's friends, her parents, Emily and Elijah Petagumskum. So because I was out at camp a lot with these people, I started learning a lot of Cree."

Then one day when she turned 12, she realized she wasn't scared anymore. She eventually ended up making friends with the grandkids of the elders she hung around with, but the elders always remained cherished friends.

"The elders always treated me with respect but they didn't try to bust their butts to explain it to me in English," she chuckled. "If I was going to learn, they were going to say it in Cree and if I didn't know, well that's too bad.

"I started going to church on Sundays and listening to the hymns and singing along. Then the Reverend Tom Martin noticed what I was doing and he gave me my first Bible written all in Cree syllabics. So at 10, when I got baptized, I decided I wanted to be a part of the church in Whapmagoostui. I went to church a lot and that's also how I learned how to read."

Melissa, who is married to Steven Natachequan and has two kids, has a helper for certain Cree words when she's on the air, but aside from the odd phrase or word, she speaks better Cree than many native speakers in Eeyou Istchee.

"I learned Cree in Whapmagoostui, which is the older Cree," she explained. "It comes out slower. I was with elders a lot so I learned a lot of the old words and to pronounce properly."

Growing up she learned a lot from the elders about the land, the language and respect for different people. One day her learning curve widened when she trapped her first animal, a Marten.

"It wasn't dead when I got to my trap, so I stood around hoping it would die and it didn't," Melissa reflected. "I walked all the way back to camp and got Patricia Snowboy and she came back and told me to get him to bite the stick and she'd hit him over the head. So we had these five-foot long sticks and we were still scared of him. She finally conked him out, but then I was afraid when I was holding him that he'd come back to life in my hands."

During the whole trip home she squeezed her hand around the Marten's neck so tightly that when she let go, she couldn't open her hand. "Then Mary Masty went on the bush radio that night and told everybody my story of being afraid of my Marten," laughed Melissa.

When the CBC was presented as a career opportunity, Melissa was hesitant. At that point she had been working at the radio in Whapmagoostui for two years, where she had originally been hired as a secretary.

When one of the announcers went into the bush, they asked her if she'd like to replace them for a bit. "I ended up enjoying being on the air so I applied for CBC with the encouragement of some friends – 'Just to say you applied', they said."

She sent the application and forgot about it. A week and a half later she had an interview with CBC. And after that, the job was hers.

"I cried the first day not knowing which metro exit to go out, not knowing they were both on the same street and I just had to cross the street."

Melissa misses her family. Her oldest child, eight-year-old Tyler, is going to school in the Eastern Townships. The youngest, four-year-old Evan, isn't in school yet so he stays with his father in Whapmagoostui.

"I've never lived in the city before. Even when we were down south for the two years of my life we were in the Eastern Townships on a farm. It's been hard on everybody. Steven misses me and I miss him and the kids, and they miss each other."

Despite the poor treatment by many kids when she was young, her heart is undeniably Cree. "I'm not going to stay [in Montreal] forever. Whapmagoostui's always going to be my home. I could never leave it forever."

"I'd like to thank Whapmagoostui; it's because of them I'm here. If I hadn't learned what I learned from them, I wouldn't be sitting in the chair at the CBC announcing news to Eeyou Istchee."

"I'm not going to stay [in Montreal] forever. Whapmagoostui's always going to be my home. I could never leave it forever."

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The training offered in 2003-2004

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- Automobile mechanics (DEP) in Wemindji

Les formations actuellement offertes en 2004-2005

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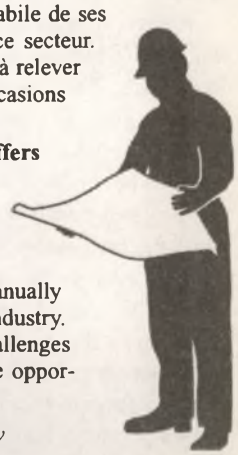

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UNDER THE NORTHERN SKY

Mikisew, the Eagle

by Xavier Kataquapit

There are many symbolic animals and birds that are part of Native culture. On the James Bay coast, there is the goose. This bird is highly respected as it has allowed my people to survive for centuries. Since early time my people have been able to count on the arrival of the goose. I understand that we Cree would never have survived without the goose. The first flights of geese in the spring have always been a welcoming sight after a long, lean winter.

There are other symbolic animals and birds that are recognized by Native cultures. In fact, just about every animal is honoured and some are more familiar than others. The wolf is a mysterious animal that is held in high respect for its almost human-like qualities. It is a great hunter and it is able to work with others of its kind to gather food or care for its young. The bear is also a hunter and it is more known for its brute strength and commands respect in the wild.

One bird that is easily recognized and is known almost the world over in just about every culture is the eagle or Mikisew, as it is known in the Cree language. The eagle is a popular bird in Native culture and traditions. This creature is highly respected and it has great symbolism in Native spirituality.

In the wild, the Bald Eagle is recognized for its prominent white head and tail feathers, a bright yellow beak, talons and brown feathers. It is truly a giant bird with a wingspan of up to seven and a half feet. Its eye structure is about the same size as a human's but it is much more complex. An eagle is able to see further and it can spot its prey from great distances. In many Native cultures, the eagle is a highly revered bird because of these qualities. In addition, the Bald Eagle's cousin, the Golden Eagle, which has a darker colouring, is also considered a great symbolic bird. In many Native traditions, there are eagle dances, ceremonies and societies devoted to the eagle. The feathers of a Bald Eagle or a Golden Eagle are considered sacred.

In some aboriginal tribes, it is believed that the eagle was chosen by the Creator as master of the skies. They are able to fly higher and closer to the Creator than any other animal. These birds are regarded as messengers to the Creator or Great Spirit. If an eagle was spotted in the sky during prayer or a ceremony, it was considered a sign that the wishes of the individual would be granted.

On the James Bay coast, eagles are even more special to my people. They are a rare sight and come from time to time to visit the coast. They are great hunters and their appearance usually comes with the migrations of the geese in the spring and fall. I have heard many hunters mention the fact that eagles sometimes share in the hunt. I have heard stories of how an eagle will dive bomb a goose with its chest to stun its prey and catch it before it can escape. Some hunters have stories about eagles dive-bombing plastic goose decoys only to smash these man-made shells into pieces.

One practice we Cree follow during the hunt is to use dead geese as decoys. These are placed on mounds of snow. This makes it more convenient for the hunter as there is little space for many things in the blind. I remember one spring hunt on the Nawashi River with my brother-in-law Clarence Shisheesh. We placed our birds out on the snow in front of our blind. In the afternoon a Golden Eagle appeared stealthily without our knowledge near our dead geese and began walking towards our birds for a meal. We fired shots into the air to scare our intruder away and we watched as the eagle quickly flew high and gracefully into the sky to continue its search for food.

Another story I have heard from several hunters, trappers and traditional people in the north has to do with a great eagle's nest. It is said to be located on a giant rock outcropping in the muskeg deep inland and just on the edge of the flat tundra near Hudson Bay. The nest is home to a family of eagles that have survived there for generations. The stories talk of huge eagles that are capable of snatching away caribou calves from their mothers out on the tundra. It is said that there is evidence of this activity in the form of a pile of bones located at the base of the rock. You can imagine the images these stories created in my mind when as a child I first heard them around a campfire out on the land. Perhaps some day I will go on a quest to find these almost mythological eagles. Then I would really have a story to tell.

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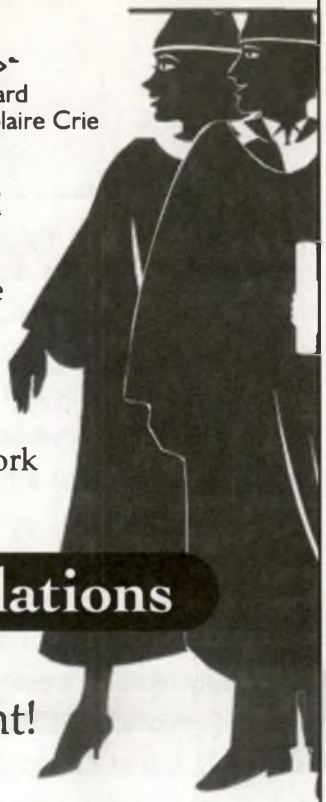
Cree School Board
Commission scolaire Crie

The Cree School Board would like to say how proud we are to all the graduates of the school year of 2005. It takes dedication, discipline and hard work to succeed.



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PUBLIC NOTICE

ELECTION FOR THE OFFICE OF
CHAIRPERSON/SPOKESPERSON
OF THE
CREE NATION YOUTH COUNCIL
(EEYOU ISTCHEE)

TO ALL CREE YOUTH BENEFICIARIES (AGES 13-29) OF EEYOU ISTCHEE

TAKE NOTICE THAT THE CANDIDATES FOR THE OFFICE OF CHAIRPERSON/ SPOKESPERSON OF THE CREE NATION YOUTH COUNCIL (EEYOU ISTCHEE) ARE AS FOLLOWS:

CANDIDATE	COMMUNITY	COMMUNITY NOMINATED	DECISION
John S. Matoush	Mistissini	Nemaska	Accepted
Daniel Mark-Stewart	Eastmain	Eastmain, Wemindji	Accepted

ELECTIONS: WEDNESDAY, AUGUST 3, 2005
From 9:00 a.m. to 9:00 p.m.

ADVANCE POLLS: WEDNESDAY, JULY 27, 2005
From 9:00 a.m. to 5:00 p.m.

Edna L. Neeposh
Chief Electoral Officer
Cree Nation Youth Council
(Eeyou Istchee)
2 Lakeshore Road
Nemaska, QC. JOY 3BO
Tel: (819) 673-2600, Ext. 327
Fax: (819) 673-2606
E-mail: neeposhj@cra.qc.ca

continued from page 9

Grand Council calls for more logging

The Grand Council of the Crees is joining a coalition of non-native municipalities, forestry companies and citizens in calling for a larger harvesting area for forestry companies in Eeyou Istchee.

Forestry companies were fearful of the impact the signing of the Paix des Braves Agreement would have on their future cutting rights, and citizens were wary of the resulting loss of jobs.

The Grand Council assured them that the forestry norms in place as a result of the agreement were in line with the provincial guidelines and consistent with the Coulombe Commission's findings that forestry companies were cutting at a much faster rate and that regeneration efforts were not keeping up.

Despite this, the Grand Council, in the interests of promoting harmony with their non-native neighbours, chose to support an increase of the cachement area from which cutting rights are granted without negatively impacting the province's forestry protection policy.

In a press release, Grand Chief Ted Moses explained the Council's move.

"When we signed the New Relationship Agreement with Quebec we took our obligations to resolve differences in a non-adversarial manner with utmost seriousness. Part of the new relationship entered into with Quebec also requires of us all to find constructive and creative ways to address a wide range of issues which arise between ourselves and our neighbouring communities.

"We understand their concerns, we respect the openness with which they bring their concerns to our attention and we appreciate their desire for collaborative approaches to resolving this issue," he said.

"It is the view of the Grand Council of the Crees that an increase in the cachement area does not affect the integrity of the provincial forest protection measures, nor does it negatively affect the Cree's rights under their agreement with Quebec," Moses concluded.

Pssst...

Have any information you'd like to share with *the Nation*? Feel like there's something the rest of the Cree Nation should know? Do you have any stories of corruption, discrimination, or something you want exposed?

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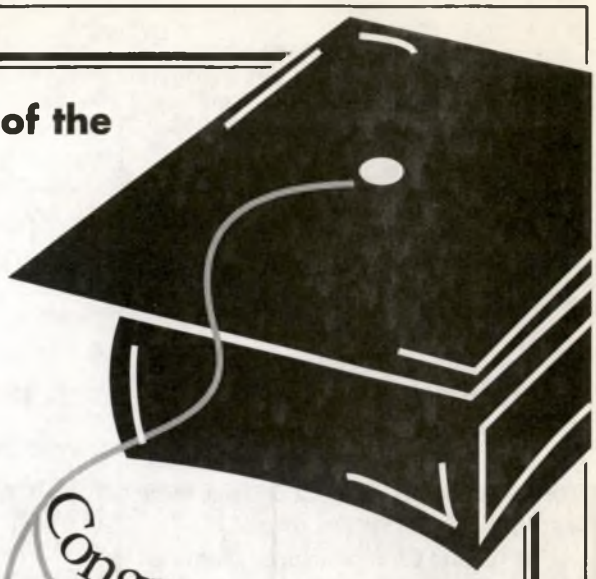
- ★ Kitty Coonishish - MISTISSINI
- ★ William Kitchen - WASWANIPI
- ★ Josephine Coon - MISTISSINI
- ★ Patricia Diamond - WASKAGANISH
- ★ Coom Matoush - MISTISSINI
- ★ Margaret Trapper- Mowatt- PIKOGAN

Certificate in First Nations and Inuit Education

- ★ Job Masty - WHAPMAGOOSTUI
- ★ Evelyn Ratt Pachano - CHISASIBI
- ★ Angela Tapiatic - CHISASIBI

Bachelor of Education for Certified Teachers

★ Susan George Scipio



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Notice of request for a name change for a minor

Please take note that CHRISTINE CHALIFOUX, mother, living at P.O. Box 285 in Waskaganish, Qc. will present to the Directeur de l'État civil du Québec, a request to change the name of ROXANNE DAYNA TAMMY LEE NEACAPPO for the one of ROXANNE DAYNA TAMMY LEE CHALIFOUX.
Signed in Waskaganish on June 15th 2005.

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CLASSIFIEDS

BIRTHS – 100

We're so happy for Nellie Wapachee, Sheldon Gray, and the long awaiting big sister Katie Wapachee (though still little herself) on the safe arrival of their son, brother Sheldon George on June 17, 2005. CONGRATULATIONS! and as Denis would say it, BRAVO! We love you, Janie & Denis Meguish, Chiwetin Wapachee, and from our own little one to be Meguish Jr.

BIRTHDAYS – 101

Happy belated birthday, on June 17th, to our beautiful niece/cousin, Rita Capissisit! Thank you for the times that we depended on you! Love always, your uncle/godfather Raymond & aunt Judy & your adorable little cuz Karissa.

I would like to wish a Happy 17th Birthda to my cousin Tiffany Sheshamush on June 8th and to Lyle Masty, Happy 12th Birthday on June 5th! And many more to come cousins! Oh yeah, Tiffany, Congratulations on graduating high school! Good thing you didn't give up. Keep up the good work. Love in friendship…relative, Virginia.

Sending birthday greetings to a Special Girl. She will be turning 19 on June 23rd. Her name is Patricia Trapper from Waswanipi. Pat, you are a wonderful blessing to us, you made us to be proud parents by completing high school and college. And you have brought so much JOY in our lives. Once again, happy birthday girl. We love you very much. From MOM & DAD.

Somebody special will be celebrating his 16th birthday on June 23rd. And we want to wish him a happy birthday! To Ryan Trapper from Waswanipi. Ryan, you have grown to be a fine young man who's gentle, so kind and caring. We admire you and always will. Hope you will enjoy your nemo cake...lol. Love mom & dad. P.s. no parties allowed!

I would like to wish Happy belated birthdays to the following ppl: first to my uncle, Roger Sealhunter (bugger) on June 1st, 2005 and Happy 4th birthday to Neebeesh House-Cox, same b-day as the bugger...lol and to Charlie Tapiatic (Jaleesh) on June 12, 2005. Happy birthday to you all & many more to come. From all of us at cluster E2 house#4 (Chisasibi)

We would like to wish A Happy Birthday to our grandma/great-grandma, Minnie Sealhunter on June 21, 2005. Enjoy your special day, We love you so much. Thanks for everything you've done for us, me and my son. Once again happy birthday & many more... With love, from your grand-daughter Edith and great grandson Derian (Chisasibi). Oh yeah, happy birthday to my cousin Reginald House same birthday as our granny. Hope u'll have fun on your birthday...don't even think of partying eh!...lol.

I would like to take this time to wish two very special people in my life a happy birthday. To my daughter, Micheline Georgekish, a happy 5th birthday on June 25th, 2005 and to my other daughter, Miranda Georgekish, a happy 4th birthday on July 20th, 2005. I thank the Lord for blessing me with two precious daughters. You are my joy and the love of my life. You are my everything. I love you both unconditionally. Enjoy your special day, girls. Love forever, Mommy (Melinda). Xoxo.

I would like to wish a Happy Birthday to my wonderful sister, Joni Blacksmith on June 30/05. Hope u have a wonderful one on your day cause you deserve it sis. Hope you party hard on your day, lol, joke. From, love your sis Caroline B/smith. Take Care.

I want to with my mother a Happy Birthday on June 30th. I hope you'll have a wonderful day and I wish you well. I'm happy that you call me everyday and when you don't, I worry, hoping that you're okay. Even if I do not show it, I love you very much. Love Mary and baby Charlie Niquanicappo.

On June 19th, right on Father's Day, someone very special celebrated her birthday it's Celeste Otter. We love you and take good care of yourself. From: Stephanie, Romeo, Toronna and Lianne Ottereyes.

We would like to say happy birthday to our grandpa John Otter, his special day was on June 24th. Happy birthday joomshoom! We would like to tell you how much we love you and thank you for always being there for us, you're the greatest grandpa! From: your granddaughters Toronna Otter and Lianne Ottereyes.xoxox

We would like to wish a happy birthday to our dad John Otter on June 24th and we want to say thank you to him for always being there for us. We love you dad, to us you are a #1 dad. From your children Stephanie, Jonathan, Miranda, Anthony, Amelia, Celeste and Terianne xoxox.

I would like to wish a very Happy Birthday to my sister, Tracy Mayappo, on July 1st. Have a great day and wishing you many more birthdays to come. Love you, "little big sis" From Laurie Ann.

To our wonderful Daddy Shaun, you' re more than just a funny, smart, caring and loving dad… you're ours! Happy Birthday to you! On June 28th, 2005. Hugs & Kisses to you on your special day! Lots of love, your girls Shaylynn, Shania & Marissa Neeposh. Xxx.

Happy belated birthday to my Nakmesake Malachi on June 24,2005. Happy 2nd birthday Malachi...& many to come! Love you always; Faith (Waskaganish).

ANNIVERSARIES – 103

My love, my husband, my best friend, my partner; I want you to know that everyday of my life I know just how lucky I am that I had the very good fortune to marry a wonderful, generous man. A man who has been there for me time after time, a man who never fails to tell me he loves me, who has helped me a lot, especially with my girls and tenderly blessed everyday of my life with the joy and the wonder of knowing true love at its best. I love you so much Shaun and thank you for all the things you've done for me and the girls. Happy birthday on June 28th and Happy 5th Wedding Anniversary on July 28th. Love Sylvia.

PERSONALS – 300

I want to say hello to Kim Quinn who is going back to school. She was the best teacher. Thank you for teaching me. I will miss you. Have a good time in school. You go girl! I love you. From Warren.

This goes out to Raymond Capissisit, to the man I love: Somewhere between all the places we need to be and all the things we need to do are those precious times together to just the two of us… And even though, those times can't happen as often as either of us would like, just thinking about being alone with you again helps me get through our extra busy days. Even when life and responsibilities get in the way, of my showing you, I hope you always know how much I love you. Happy Father's Day on June 19th! You are a wonderful father to our daughter! Love always your wife, Judy. Xoxox

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Public Notice

Ministère du Travail

Building service employees - Québec

Amendments

Notice is hereby given in accordance with section 5 of the Act respecting collective agreement decrees (R.S.Q., c. D-2), that the Minister of Labour has received a petition from the contracting parties to the Decree respecting building service employees in the Québec region asking him to recommend to the Government that it make the Decree to amend the Decree respecting building service employees in the Québec region, published in the *Gazette officielle du Québec* dated 29 June 2005.

Any interested persons may obtain a copy from *Les Publications du Québec*.

The purpose of this draft regulation is to amend the Decree respecting building service employees in the Québec region in order to correct the present territorial jurisdiction, increase the remuneration of employees and certain crew leaders and amend the provisions concerning sick leave and the term of the Decree.

Notice is also given in accordance with sections 10 and 11 of the Regulations Act (R.S.Q., c. R.-18.1), that this draft regulation may be made by the Government at the expiry of 45 days following its publication in the *Gazette officielle du Québec*.

Further information may be obtained by contacting Ms. Julie Massé, Direction des politiques, de la construction et des décrets, Ministère du Travail, 200, chemin Sainte-Foy, 7e étage, Québec (Québec) G1R 5S1; telephone: (418) 643-1432; FAX: (418) 643-3514; e-mail: julie.masse@travail.gouv.qc.ca.

Any interested person having comments to make concerning this matter is asked to send them in writing, before the expiry of the 45-day period, to the Deputy Minister of Labour, 200, chemin Sainte-Foy, 6e étage, Québec (Québec) G1R 5S1.

Québec

I just want to say happy "18th" birthday to Wendel Patrick Sam on June 23-2003...Don't drink too much cause I don't wanna end up going home with you..lol..just kidding! Once again happy 18th birthday Wendel..ouwaah! You're getting older and older each and everyday! Lol. Love always, a girl you know. xoxoxo.

To my daddy, Raymond: from daddy's little girl. The bigger I grew the more I know I'm lucky as lucky can be because the nicest daddy in the whole world is the one who belongs to me! Happy Father's Day with lots of love! Your princess Karissa. Xoxox.

Happy Father's Day to a dear husband, a special dad, and a loving grandpa: Samuel C. House. Thank you Lord, for taking care of a great husband, a special and a loving grandpa. For all the toughest times, he made it through. For all the happy times, he still managed to spend time with us. For al the jokes he plays on us each day. For all the long happy trips he made for us to enjoy. For all the picnics, fishing and hunting trips he took us. Especially all of the love, happiness an comfort he gives us each day.

A dedication for Samuel House who has served his community as a Peace (police) officer for so many years. It has been many years since you began your journey as a peace officer. The toughest job of protecting others from harm. Peace and comfort is all you ever tried to give. Trying to calm the fear in women and children. If only they knew what you have seen and been through. Being a man with great courage and patience because only God took care of you while you cared for many others. We all some kind of purpose on this earth, yours is to protect, serve and honor others. After all these years, you are still doing it. That proves you have done it well, despite the curses you have to take and the suffering that you see. You still manage to pull a joke and be happy when you come home because only God took care of you while you cared for many others. With respect, you did a thankless job and suffered from the pain, of senseless crime and harassments, suicides, accidents and violence you had to take in hand. Comfort you have to battered women and children. Knowing that it is the toughest job one can do, you still went out each day but always had faith in the one who took care of you. Because only God took care of you while you cared for many others. Thank you for everything you do for us. Love always, your wife, children and grandchildren. (also dedicated to the other Police officers in the Cree communities who make a difference when we need peace in our lives)

I would like to wish a Happy Father's day to my wonderful husband, Gordon Snowboy. Hope you enjoy your day. I love you with all my heart and soul. From your wife, Patricia Snowboy (Whap.)

To my one and only: These past weeks have been so hard for me because you are no longer mine. I truly believe that

you don't know what you have until its gone... I realized that I need you more than anything in this world, you make my world complete, I'm nothing without you and I love you in a way I have never loved anyone before. Everything we had was something I never had before. Being with you was like a place I have never been before. Everything we did and said was like the first. I had the time of life with you. You're in my thoughts everyday... Before I sleep, you're the one I think of and when I wake up in the morning, you're the first thing on my mind... Sometimes I cry myself to sleep because I miss you so much and most of all, I cry because I lost you and I pray to GOD asking him to bring you back to me. So please give me a second chance. Remember that I love you with all my heart...I'll be patiently waiting till I can see you again. From: Someone who truly loves and miss you.

Happy Father's Day to our daddy, Gordon Snowboy! We love you very much. From your children: Tristan, Noah-Remay & Viola Snowboy.

I would like to say happy father's day to a wonderful father: Johnny Mamianskum (Whap). I hope your day was as special as you are. I love you dad no matter what even though there were bad times. Still, I want you to know that I love you, my daddy. I'm sorry that I wasn't there to say that to you. Well, have a great one. Oh by the way, Jenica is okay too. Well, anywayz, we love you dad. From your daughter, Lucy Mamianskum... Love ya!

I want to dedicate this to the late Christopher "Abilly" Otter who passed in September 24th 2002. I remember all the things you used to say, the way you could wipe my tears away. I remember the times we shared and I knew you always cared. I remember always looking up to you when I needed advice. I knew yours was true, now, when I need help, I don't know what to do. As fate would have it, I'm living life without you. I wonder what would've happened that one night if I had gone with you. The selfish thoughts, the selfish fears, everytime I think of it, I cry a thousand tears. Why did it have to happen on that late night? The car wreck, the shattered windows and finally the bright light... They thought you'd be okay, but if they only knew, you'd still be here today. I know it's not just me you left, the pain I feel, I just can't confess. Your family, your loved ones, they were hurt too, they know what it's like to bury. And the one possession I've kept was the friendship ring. So I keep this ring very close to my heart because it's the only way I know we'll never be apart. I will always remember my late cousin Abilly. He will always my true friend and cousin. I miss you cuz... From June O. (Wem.) Much love to you.

With the loss of our loved ones, it was very hard to deal. It seemed like a dream. This can't be. One moment they were here, the next, they are gone. They now live in our hearts and hearts do go on. The good times shared, they shall always be compared to those who we miss so much and by whom we've all been touched. They made us laugh, they made us cry, within our hearts, they shall never die. They keep us going, they keep a smile on our faces because they've gone on. Gone to a better place. A place in which they will feel no pain, that no one's at fault and that no one's to blame. Everything has a purpose, there is reason for it all. Sometimes, at night, I can still hear them call. They say they are fine and don't be blue because someday soon, we will be with you, together again like times before. When we get there, we'll be smiling, standing at heaven's door. This poem is dedicated to my late uncle Luke Shash, my late grandparents, Geordie and Mary Anne Shashaweskum and to my late great uncle Josie Otter, to my late great grandmother Nancy "Nega" Otter and also to my late cousins Christopher "Abilly" Otter and Naomi Luka Happyjack. Missing you all... We love you so much. In my heart, you will always be. Love always, June O. (Wem.)

We'd like to wish a Happy Father's Day to very special daddy. Happy Daddy's Day Jerry! Thanks for always taking such good care of us and we promise that when we're old enough, you won't have to do anymore chores! We love you very much. From your two little girls, Gracie and baby Layla.

My heart goes out to Louise and Children, Melissa and her little girl Abrielle. Gabriel will always be in our hearts. So much has happened in my community of Ouje-Bougoumou. We lost 3 people within a year, my heart goes out to my community. We are, after all, a small community. We saw these people everyday of our lives. You were a colleague, a friend, a brother, sister, mother, and a father. We will always remember these people for the rest of our lives. It's always a good thing to tell people it's gonna be okay. But we all know it takes time for one to heal and we will always remember the good times we had with these people. We must all look forward to the future because what we have now is what counts. My thoughts and prayers are with my community of Ouje-Bougoumou. Olivia Couchees.

I want to say hi to Darlene Wapachee and Alana Dawn Phillips. Hope you girls are okay and I hope to hear from you. Email me at HYPERLINK "mailto:maryniq@hotmail.com" maryniq@hotmail.com. I lost your email addresses. From Mary Niquanicappo.

It is with great pride to announce our son Lesley Mattawashish's graduation from the Electro-Mechanics course held in Rouyn-Noranda on June 3rd, 2005. It was a tough year for you for all the stuff you had to go through; assignments, financial problems, frustrations, loneliness, etc... and going through all this while having to know that Mom had cancer almost at the beginning of your studies. You made it through all that and your efforts were from hard work and concentration, and we all gave you encouragement. We are so proud of your achievement and now it's time to face the real world but always remember "Never give up", always look ahead and keep your head up high. Well done!!! We love you. Love Mom, Dad, Candice, Ali, Patrick, Kristen, Chad & Nathan.

I would like to congratulate my little brother Tristan Blacksmith from Waswanipi, graduated grade 6 on June 15, 2005. Sorry I wasn't there on your grad. I had to do my exams in order for me to pass this year. I'm so proud of you lil bro, can't believe it your already a teenager and already going to secondary this fall. You're growing up so fast. But you're a good kid. Make sure you keep it that way. Because knowing mom and dad they would never want you to change, especially your behaviour and your sense of humour. Do me a favor, Tristan, never let mom or dad worry about you when you're out with your friends. I love you so much Tristan and I miss you a lot. Can't wait to see you. From Your one and only sister Pat xoxox... PS: Harry says Happy graduation too.

PUBLIC SERVICE ANNOUNCEMENTS – 400

Do you need help? Someone to talk to? Call the Kid's Help Phone's toll-free number, at: 1-800-668-6868 or check out their website at: HYPERLINK "http://www.kidshelp.sympatico.ca" www.kidshelp.sympatico.ca.

We have a new 1- 800 number here at the Native Women's Shelter of Montreal. It is 1-866-403-4688.

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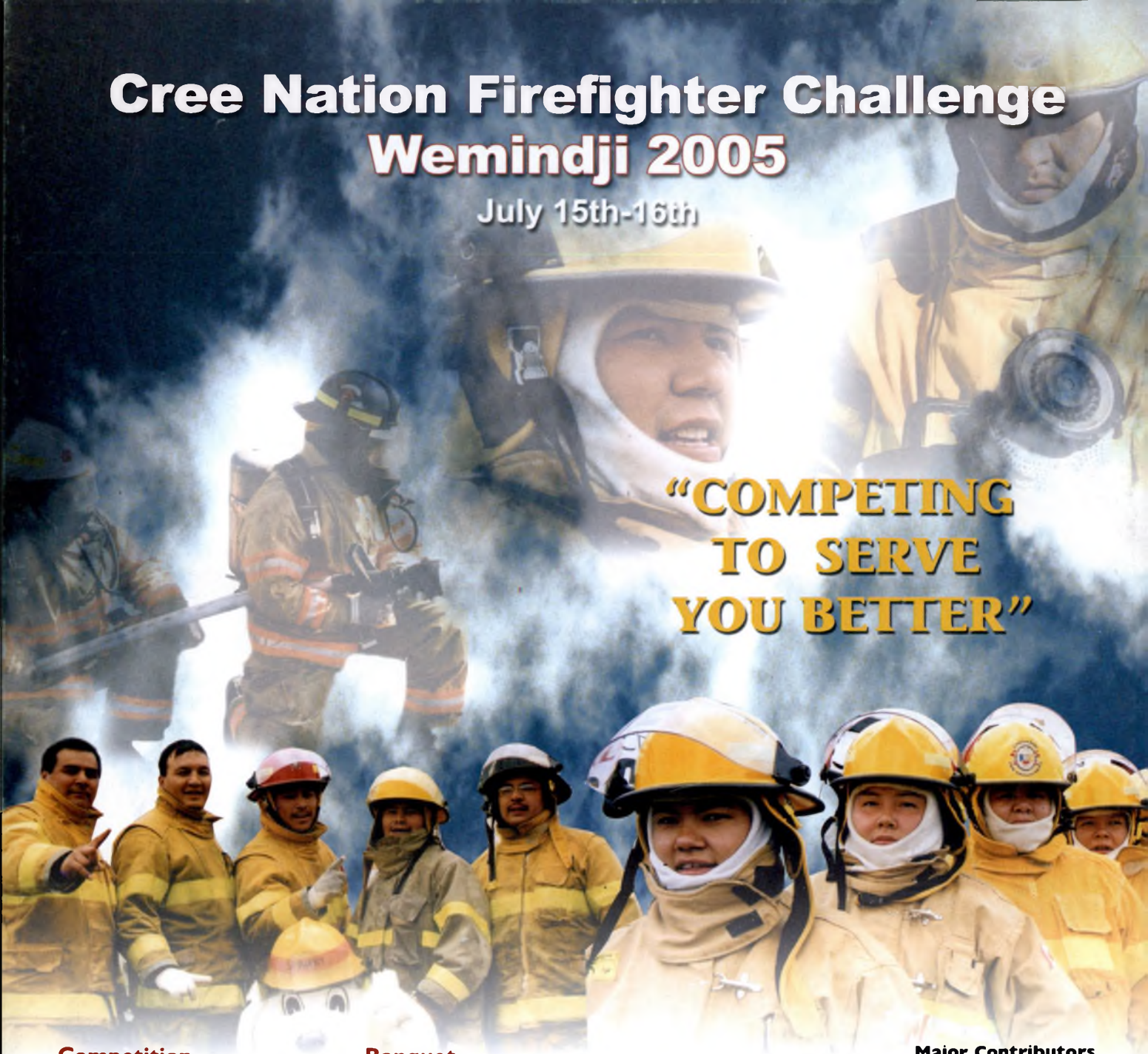
Cree Nation Firefighter Challenge
Wemindji 2005

July 15th-16th



Competition

Friday July 15th and Saturday July 16th, 2005 at 9 am in front of the band office.

- **Team evolutions will take place all day on Friday and on Saturday morning**
- **Individual competition will take place on Saturday afternoon**

Banquet

The evening of Saturday, July 16th at the Maquatua School Gymnasium after the final competition is over.

Raffle prizes:

Top prize: two 4-wheelers
2nd prize: 16 ft. canoe with outboard
3rd prize: weekend trip for two to Montreal
4th prize: laptop computer
5th prize: 32 inch TV with stand
6th prize: 2800 watt generator
7th prize: camping gear set
8th prize: fishing gear set
9th prize: gas BBQ
10th prize: gift package

For more information please contact: Wemindji Fire Department (819) 978-3773 firehall@creenet.com

Major Contributors for Raffle

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